

RIZ AHMED *SOUND OF METAL* WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



SUPERHEROJACKED.COM



Bonus PDF File
By: Mike Romaine

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

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RIZ AHMED *SOUND OF METAL* WORKOUT ROUTINE

Training Volume:

One Day of Training

(To Be Repeated and Varied w/ Other Training)

Upgrade This Workout:

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Riz Ahmed *Sound of Metal* Upper Body Workout

This workout is shared by Men's Journal but courtesy of celeb trainer Leighton Grant !!

SUPERSET ONE:

A. Single Arm Dumbbell Bench Flyes

3×12 each side

B. Barbell Chest Press

3×12

SUPERSET TWO:

A. Reverse Flyes on Cable Cross Machine

3×15

B. Close Grip Rows

3×12

SUPERSET THREE:

A. Single-Arm Reverse Dumbbell Flyes

3×12 each side

B. Arnold Press

3×12

SUPERSET FOUR:

A. Plank with Hip Hike

3×20

B. Bicycles

3×45 seconds